

Thyme Saver CSA: Recipes for July 11 & 12, 2019

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This Week's Box, How to Store It, How Long Will It Last?

- Lettuce (refrigerator, 5-7 days)
- Spring Onions (refrigerator, 1-2 weeks)
- Blueberries (refrigerator, 5-7 days)
- Garlic (counter, 6+ months)
- Eggplant (refrigerator, 4-6 days)
- Dandelion Greens (refrigerator, 5 days)
- Lemon Verbena (wrap in damp paper towel, put in open Ziploc bag in fridge, 3-5 days)
- String Beans (L ONLY) (crisper drawer, 5-7 days)
- Green Pepper (L ONLY) (refrigerator, 5-7 days)
- Red Kale (L ONLY) (crisper drawer, 3-5 days)

Sautéed Dandelion Greens with Eggs

(adapted from A Beautiful Plate)

INGREDIENTS:

- 1 large bunch chopped dandelion greens, thick stems removed
- 2 tablespoons unsalted butter
- 3 scallions, white and light green parts only, finely chopped
- 4 large eggs
- 1/4 cup crumbled feta cheese

INSTRUCTIONS:

1. Bring a large pot of salted water to a boil. Add the chopped dandelion greens and blanch for 1 to 2 minutes. Drain the greens thoroughly, using a wooden spoon to drain and press out as much liquid as possible.
2. Melt the butter in a 10-inch sauté pan set over medium heat. Sauté the scallions until tender, about 5 minutes, stirring occasionally. Add the drained dandelion greens one handful at a time. Cook each handful until wilted, then add more.
3. When the greens are wilted, crack the eggs into the pan on top of the greens. Top with feta cheese and cook uncovered until the whites of the eggs are set, about 5 minutes.

String Beans with Lemon and Garlic

(adapted from Food Network)

INGREDIENTS:

- 2 pounds green beans, ends trimmed
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons butter
- 2 large garlic cloves, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon zest
- Salt and freshly ground black pepper

INSTRUCTIONS:

1. Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.
2. Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and saute until fragrant, about 30 seconds. Add the beans and continue to saute until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

Lemon Verbena Blueberry Muffins

(adapted from Tasty Kitchen)

INGREDIENTS:

- ½ cup Granulated Sugar
- 10 Lemon Verbena Leaves
- 1-¼ cup All-purpose Flour
- 1 Tablespoon Baking Powder
- 1 cup Milk
- 3 Eggs
- 8 Tablespoons Butter, Melted
- ¼ teaspoons Vanilla Extract
- 2 cups Fresh Blueberries
- 1 Tablespoon Chopped Walnuts Or Pecans (optional)
- 1 Tablespoon Butter
- 2 Tablespoons Sugar
- 2 Tablespoons Flour

INSTRUCTIONS:

1. Preheat oven to 400 F. Place 12 cupcake liners into the muffin pan.
2. Grind 1/2 cup sugar and lemon verbena leaves in a food processor, until very fine.
3. In a small bowl, mix together 1 1/4 cup flour, the sugar mixture and baking powder. Set aside.
4. Mix together the milk, eggs, 8 tablespoons melted butter and vanilla in a separate bowl.
5. Add the flour mixture to the milk/egg/butter mixture. Fold the mixtures together. **DO NOT OVER-MIX.**
6. Fold in the blueberries. Put batter into the muffin tin.
7. Make the streusel topping. Mix together 2 tablespoons flour, 2 tablespoons sugar, 1 tablespoon butter, and nuts. Sprinkle over the muffins.
8. Bake for 20-25 minutes, until the muffins are golden-brown. Let them cool and enjoy!

Baked Eggplant

with Caramelized Onions

(adapted from Mediterranean Living)

INGREDIENTS:

- 2 large eggplant
- 2 medium onions, sliced
- 1-4 cloves garlic, minced
- 3 tomatoes, diced
- Oregano
- Approximately 1/2 cup extra virgin olive oil [buy now](#)
- Salt and pepper, to taste

INSTRUCTIONS:

1. Slice eggplant lengthwise into ¼ inch slices and arrange on a plate. Salt the eggplant (about 1 teaspoon) and let sit.
2. In a sauté pan on medium, heat 2 Tablespoons oil. Cook the sliced onions in the oil stirring often for about 30 minutes until completely caramelized. Remove from pan. Preheat oven to 350 degrees F. Pat the eggplant dry with a paper towel.
3. In a rectangular baking dish drizzle 1 teaspoon olive oil on the bottom. Add a small layer of chopped tomatoes.
4. Then layer eggplant, caramelized onions, more tomatoes, garlic, oregano, a sprinkle of salt and pepper, and a small drizzle of oil (around 1 teaspoon for each layer).
5. Continue layering until all ingredients are used up. Bake at 350 covered for 1 hour and 15 minutes. Serve as a side dish or an appetizer with bread to dip in the juices.